



Montgomery County School System CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Montgomery County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Montgomery County School System that includes:

- School Health Advisory Committee
- Thirty-five Healthy School Teams
- School Health Policies strengthened or approved include a district wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals over \$291,600.00: in-kind services- \$150,000.00 ; external grant funding- \$141,500.00.

Community partnerships have been formed to address school health issues. Past and current partners include:

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| ➤ American Heart Association | ➤ Family Nutrition Education Program |
| ➤ American Red Cross | ➤ LensCrafters |
| ➤ Austin Peay State University | ➤ Miller Motte Technical College |
| ➤ Blanchfield Army Community Hospital | ➤ Mission Clarksville Program |
| ➤ Clarksville Athletic Club | ➤ Montgomery County Health Department |
| ➤ Clarksville Montgomery County Community Health Foundation | ➤ Rural Health Association of TN |
| ➤ Clarksville Customs House Museum | ➤ Superior Health Care |
| ➤ Clarksville Ophthalmology Clinic | ➤ Tennessee Association for Health, Physical Education, Recreation and Dance (TAHPERD) |
| ➤ Clarksville Parks and Recreation | ➤ TennderCare Program |
| ➤ Clarksville Police Department | ➤ Tennessee Nutrition Consumer Education Program |
| ➤ D.A.R.E. program | ➤ Tennessee Public Health Association |
| ➤ Clarksville Street Department and Grants Department | ➤ Tennessee Titans |
| ➤ Clarksville Tennis Association | ➤ The Crisis Call Line/211 |
| ➤ Clarksville YMCA | ➤ The First Tee National School Program |
| ➤ Curves of Clarksville | ➤ The Houston County Lions Club |
| | ➤ The Montgomery County Health Council |

- The Queen City Lions Club
- United Way of Clarksville

- Well Child, Inc.

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Many volunteer assisted in the CSH school health screenings. Programs and activities which promote parent involvement through CSH are the Families In Training (FIT) program and Healthy Choices parent workshop (both held at the CMCSS Learning Centers), the Queen City Road Race (a City of Clarksville sponsored event with CSH as a partner), and the annual Back to School Bash (held at Lincoln Homes and Summit Heights neighborhoods). The CMCSS CSH office has an open-door policy, making ourselves available to talk with parents and community members all year round (not just during the school year).

Students have been engaged in CSH activities such as school health screenings, Families In Training (FIT) program (held at the CMCSS Learning Centers), Quick Start Tennis Program (through a partnership with the Clarksville Tennis Association), the First Tee Program and the Queen City Road Race (sponsored by City of Clarksville with CSH as a partner). Students have partnered with CSH to address school health issues through programs such as The 1200 Club, an anti-tobacco program.

Schools are encouraging parent and student involvement in physical activity through after-hours use of the on-campus walking tracks (Woodlawn Elementary and Glenellen Elementary and coming soon, Rossvie Elementary). St. Bethlehem Elementary provides Family Fitness Nights in their gym several times a semester. All schools promote parent and student involvement in the Queen City Road Race.

School Health Interventions

Since 2007, CSH has been active in the Montgomery County School System. The following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers

TYPE OF SCREENING	NUMBER OF STUDENTS SCREENED	NUMBER OF REFERRALS
Vision:	16851	2018
Hearing:	16945	1566
Blood Pressure (BP):	13287	804
Body Mass Index (BMI):	23588	8366

The Clarksville Montgomery County School System has a nurse at each of our 35 schools. During the 2010-11 school year, there were over 146,000 student visits to these school nurses. Of the 146,000+ visits, over 122,000 were able to return to class. This means 83% of students who visited the school nurse were able to return to class after receiving care from the nurse;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Our BMI data is as follows: During the 2007-2008 school year, screenings were provided in all CMCSS middle schools for our 6th and 8th grade students with a reported BMI referral rate of 36.68%. During the 2008-2009 school year, screenings were provided in all CMCSS middle schools and half CMCSS elementary schools for grades K, 2, 4, 6, and 8 with a reported BMI referral rate of 32.8%. During the 2009-2010 school year, screenings were provided in all CMCSS middle and elementary schools and during the 2010-2011 school year, screenings were provided in all CMCSS schools, elementary, middle and high. The official BMI referral rates for these years are awaiting state approval;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: heart rate monitors, pedometers, digital jump ropes, step aerobics workout system for staff and students, bicycle racks, resistance bands and tubing, medicine balls, exercise dvd's for circuit training, materials and models for the Health classroom, walking trails at Glenellen Elementary, Woodlawn Elementary and Rossvie Elementary (in development stages), Michigan Model and Take 10! curriculum, books on comprehensive health education topics, materials needed for school gardens, climbing wall, equipment for faculty/student fitness rooms, and numerous Wii Fit Systems. The Wii's are being used in a multitude of ways. Some schools project the game upon the wall in physical education so that every child in the gym can participate at the same time. Others have the Wii set up in a classroom for use during a specials class;

Annual professional development has been provided to school health staff (counselors, physical education teachers, classroom teachers, school nurses and classified staff.). Examples include: on-going Michigan Model in-service webinars available for physical education teachers, wellness and special education teachers, and counselors. Annual suicide prevention in-service for classified staff, annual personal wellness in-service for classified staff, personal wellness in-service for Nutrition Services Managers, annual Color Me Healthy in-service for classroom teachers, provide information for annual school nurse in-service. Also, CSH funds have been used to pay registration costs for certified physical educators to attend professional organization conferences such as TAHPERD (TN Association for Health, Physical Education, Recreation and Dance).

School faculty and staff have received support for their own well-being through programs such as the employee walking for wellness program and stress reduction events. By working with the district maintenance and facilities departments, walking paths were mapped out and painted at each campus and Central Office. This provides faculty and staff a safe, measured route to walk. Several schools have been awarded CSH mini-grants to build walking tracks on their campus. These have been opened at Glenellen Elementary and Woodlawn Elementary, while Rossvie Elementary is in the development stages of their track. The CSH coordinator developed and maintains partnerships with several area fitness companies to provide CMCSS employees discounted membership rates. These include the Clarksville Athletic Club, The

Clarksville YMCA and Curves of Clarksville. Annual 'Lunch and Learns' have been provided to the staff at Central Office on a variety of topics. The topics usually encompass physical activity and ways to manage stress. Various local professionals have been brought in for these lunch and learns such as area doctors and even local cosmetology students who provided free hand massages and manicures at one of the stress management lunch and learns. Other programs for staff at Central Office include: Lunchtime Yoga (a free, on-site, 30 minute yoga class) and a program similar to the Biggest Loser. Events are hosted each year at Central Office for many of the health observances such as National Employee Health and Fitness Day and National Run at Work Day.

Specific interventions have been made in the following areas to address childhood obesity:

- Health Education Interventions – Michigan Model in-services for faculty and curriculum in the classroom; comprehensive health education books purchased using CSH mini grant funds; comprehensive health education programs provided in schools by the Montgomery County Health Educator;
- Physical Education/Physical Activity Interventions – BC/BS Walking Works for Tn participation in schools, Walking Trails developed or in the development process, Wii Fit Systems for many schools and physical education departments, partnership with the City of Clarksville Queen City Road Race, CSH Coordinator regularly monitors, and reports compliance of the 90-minute PA/physical education law;
- Nutrition Interventions – Tennessee Nutrition and Consumer Education Programs provided in our Title I schools, Nutrition Education provided by Montgomery County Health Department Health Educator, Nutrition Education programs provided by CMCSS Nutrition Services Managers, Nutrition Education materials provided to CMCSS Nutrition Services Managers, Professional Developments provided for CMCSS Nutrition Services Managers.

In November 2009, CMCSS CSH Coordinator, Mesina Bullock, was awarded the Connie Hall Givens Coordinated School Health Award by the Tennessee Association for Health, Physical Education, Recreation and Dance. This annual award is given to recognize and honor an outstanding Coordinator at the state level.

Since 2007, the Clarksville-Montgomery County School System's Coordinated School Health program has worked to make significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement. Annual student health screenings, increased comprehensive education in the classroom, increased opportunities for physical activity for students, faculty and staff and a consistent decline in the local BMI referral rate will continue to be top priorities for the CMCSS Coordinated School Health program.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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